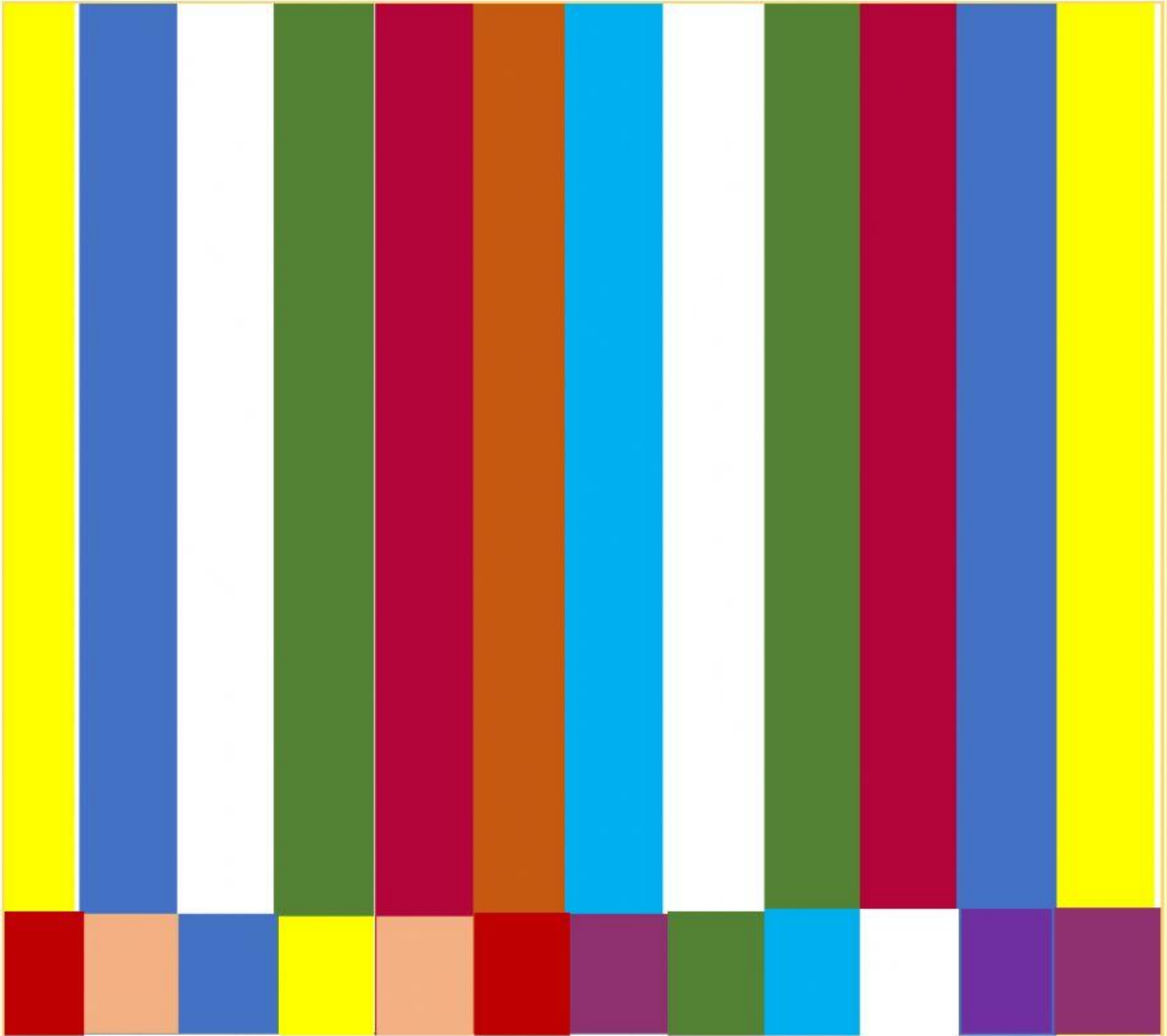


Cain & Abel [Genesis 4:1-16]



In Genesis 4:1-5:5: Adam and Eve had a son and they named him **Cain**. Then they had a second son and named him **Abel**. Cain was a **Farmer** and Abel was a **Shepherd**.

From watching the video, we can all learn from the story of Cain and Abel; how Cain couldn't control his temper and that made him commit a great sin.

When Cain and Abel grew up, they began to worship God for themselves, just as their parents did.

These brothers were both expected to bring the very best offering they had in thanks to God, for all that he had done for them in their lives.

As the story goes, it was Cain that did not bring his best. God showed favour to his brother, Abel. Cain wasn't happy about that. He became angry that God didn't accept his offering, and was jealous that God accepted Abel's offering. Because of how he felt towards his brother, when they were in the field, Cain killed his brother Abel.

As punishment, Cain was cursed by God, to roam the earth aimlessly.

Adam and Eve had another son and they named him Seth. Seth had children and from him came Noah, Abraham, David and Jesus.

Memory Verse: "If you had done the right thing, you would be smiling..." **Genesis 4 : 7a.**

Activities:

- ✦ Having a discussion with your child is the most important activity, because it will help them talk about ways they deal with anger and realize how others cope. During the discussion ask them questions, like; What makes you angry? What do you do when you get angry? Do you pray? Do you find someone to talk to? What does your face look like when you are angry? What should Cain have done, instead of killing his brother?
- ✦ Stop, Breathe, Think & Pray- Teach the children a quick and simple routine, that will help them when they grow in anger. Have them all stand up, repeating the poem, after you've given them an example of when it is appropriate to use this strategy:
 - Stop – Right here, right now (Have them hold their hand out when they recite the word **Stop**)
 - Breathe - In deep, you know how (have them put their hands to their chest when told to **Breathe**)
 - Think - There's always a better way (have them use their pointing finger to their foreheads when told to **Think**)
 - Pray – For calmness and in thanks for God's help, today (hold hand as if praying when told to **Pray**)
- ✦ Encourage your children to recite and memorise the memory verse above.
- ✦ Send a video of your child reciting the memory verse.

Prayer: Thank you Lord God for forgiveness of sins! Heavenly Father, we pray that we always do what is right and pleasing to your sight. And teach me to control my emotions especially when I am angry; help me that I might make the right decisions in Jesus name. Amen!